



TIME TO BIKE WITH BORRACCE DI POESIA



WE PROVIDE TRANSPORTATION
AND ADDITIONAL SERVICES TOO



ALESSANDRO RICCI BORRACCE DI POESIA BIKE TOUR



I'm a professional cycling tour guide certified by the Abruzzo Region. Urban cyclist and bicycle traveler, since ever, I've written several guides dedicated to cycle tourism in Abruzzo: the latest one specifically tells the story of discovering the Abruzzo coastline by bicycle (published by Ediciclo, a national publishing house specialized in the travel sector).

I write rhymes that tell the beauty of cycling and I read them during bike excursions, as well as offering them as various merchandising products. The name was devised from the image of the water bottle on a bicycle that, instead of containing water, encloses a poem which, once read, refreshes the cyclist's perspective of their daily cycle. As a journalist, I have been writing about Abruzzo, for Abruzzo, and on Abruzzo for thirty years, contributing to both regional and national publications, above all in the tourism sector, and particularly in cycling tourism. I have managed and currently manage public and private press offices, and I have experience in event organization and management. I collaborate with the Costa dei Trabocchi tourist destination promoter on the Trabocchi Cycling Network project.

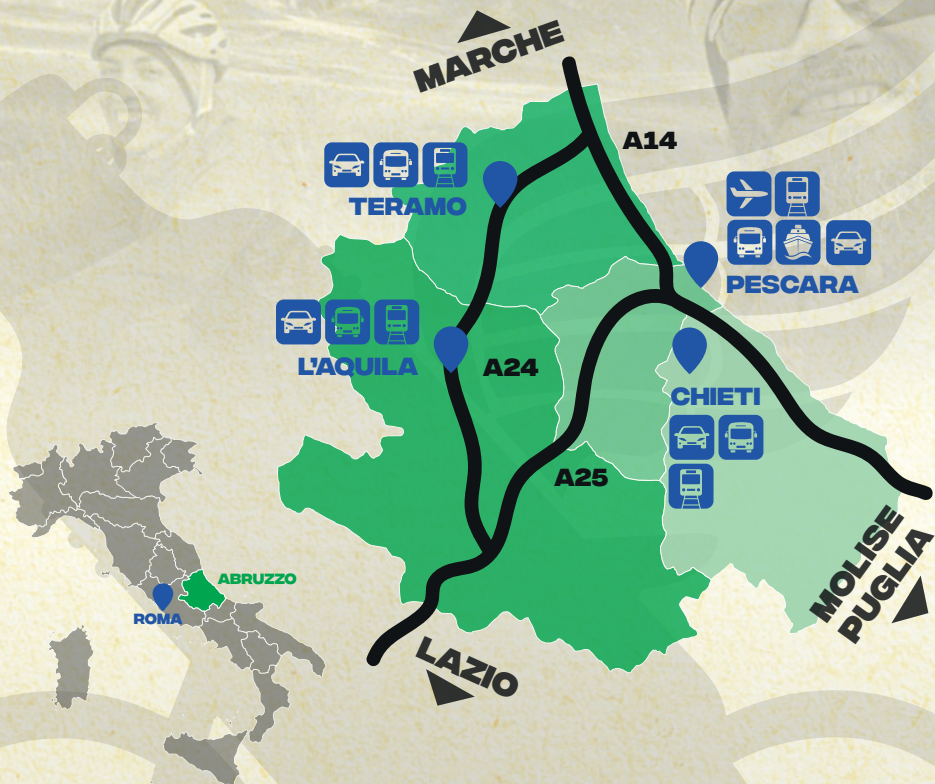
Borracce di poesia is a travel advisor that organizes bike tours in Abruzzo and can provide support and advice for bike trips throughout the rest of Italy, particularly in the following regions: Lazio, Marche, Molise, Puglia.

My bike tour proposal in Abruzzo ranges from the city tour to the Costa dei Trabocchi, up to pedaling along one of the clearest and most fascinating rivers in Italy, in front of the famous Castle of Rocca Calascio. I use e-bikes. In addition to the possibility of organizing tailor-made tours.

Please note: the day trips and multi-day excursions described here can be combined modularly.

BORRACCE DI POESIA

ABRUZZO



TOURS & PACKAGES

Proposals for one day and multi-day cycling tours in Abruzzo, organized in collaboration with tour operators; possibility to customize the packages for a different number of participants than indicated, with tailored pricing.

BY
THE SEA

COSTA DEI TRABOCCHI AND TRABOCCHI CYCLE NETWORK

BY CAR

10 minutes from the Val di Sangro exit - A14;
1 hour by car from Pescara.

WHERE

Costa dei Trabocchi and the Trabocchi Cycle Network. The proposal includes rides along the now iconic Via Verde of the Costa dei Trabocchi and beyond, also covering paths from the Trabocchi Cycle Network. From the coast to the hills and vice versa. A network of secondary roads with low traffic impact, farm roads, asphalt as well as gravel roads, dirt roads, river valleys, hills and vineyards, nature reserves, and art cities. A way to explore the area in all seasons, following the natural rhythms and colors. These are the colors that identify the Trabocchi Cycle Network: more than 300 kilometers to be explored by bike, part of a constantly evolving system. You can ride from the Via Verde of the Costa dei Trabocchi towards the inland.

ACCOMMODATION

Check-in Friday;
Check-out Sunday.

PARTICIPANTS

Minimum 8.

INCLUDING

Two nights in a two-star farmhouse with breakfast included.

Cycling tour guide service (guide, technical assistance, latest-generation e-MTB bike, helmet, insurance coverage).

Two tastings of local products.

PRICE

Starting from 185 euros per person.



COSTA DEI TRABOCCHI AND TRABOCCHI CYCLE NETWORK DAILY TOURS

1 - TOWARDS THE "LITTLE NORMANDY" OF ABRUZZO

Along the Via Verde of the Costa dei Trabocchi, up to the iconic promontory of Punta Aderci: the "Herkle's Point", the Hercules of the pre-Roman Italic tribes. Between the sea and the land, in the Punta Aderci Regional Nature Reserve.

DURATION

Approximately 2-3 hours (possibility to modulate the route according to needs).

DIFFICULTY

Touristic (route on asphalt and white road).



2 - THE ROUTE OF THE MILLS

Between the Costa dei Trabocchi and the course of the Arielli River, with the Parco dei Mulini and the evidence of ancient milling structures.

DURATION

Approximately 3-4 hours (possibility to modulate the route according to needs).

DIFFICULTY

Touristic (route on asphalt and white road).

NORTH COAST DAILY TOURS

Excursions along the cycle path of the north coast of Abruzzo, departing from Pescara. Always pedaling along the cycle path, essentially flat and with sea view, passing through the Torre del Cerrano protected marine area and the Borsacchio Reserve. Possibility to organize excursions in the area, based on the location of the clients.

DURATION

Approximately 4 hours (possibility to modulate the route according to needs).

DIFFICULTY

Touristic (route on asphalt and white road).



TIRINO VALLEY

BY CAR

Bussi-Popoli A25 motorway exit (40 min drive from Pescara).

WHERE

In the green heart of Abruzzo, nestled between the municipalities of Bussi sul Tirino (345 m above sea level), Capestrano (505 m above sea level), and Ofena (531 m above sea level), lies the Tirino Valley, situated in a sort of "Middle Ground" between the most picturesque districts of the Gran Sasso and Monti della Laga National Park. This valley is traversed by the river of the same name, the Tirino, which is one of the most beautiful and cleanest rivers in Italy. The valley is a vast basin surrounded by a ring of mountains, with the Castle of Rocca Calascio standing guard above all. We are in the land of Nevio Pompiledio, leader of the pre-Roman Italic tribes: in this area, the famous statue of the Warrior of Capestrano was discovered, a symbol of Abruzzo. Cycling along the course of the Tirino, one of the cleanest rivers in Italy, you'll find a constant temperature

between 10 and 11 degrees Celsius. The water flows from the Gran Sasso after a 25 km underground journey, emerging at three springs, following a recommended route from the park that spans about twenty kilometers.

ACCOMMODATION

Check-in Friday;
Check-out Sunday.

PARTICIPANTS

Minimum 8.

INCLUDING

Two nights in a 3-star farmhouse with breakfast.

Cycling tour guide service (guide, technical assistance, latest-generation e-MTB bike, helmet, insurance coverage).

Two tastings of local products.

PRICE

Starting from 200 euros per person.



DAILY EXCURSIONS TIRINO VALLEY

1 - RING OF THE TIRINO VALLEY, BETWEEN NATURE AND VILLAGES, ALONG THE COURSE OF THE RIVER

In the “Middle Ground” between the provinces of Pescara and L’Aquila, in the valley with a view towards the mountain chain and the villages that dot the landscape.

DURATION

Approximately 3-4 hours (possibility to modulate the route according to needs).

DIFFICULTY

Touristic (route on asphalt and white road).



2 - ROCCA CALASCIO AND SANTO STEFANO DI SESSANIO, THE EPIC FORTRESS AND THE REBORN VILLAGE

Part of the Club of the Most Beautiful Villages in Italy, Santo Stefano di Sessanio is in the province of L’Aquila, southern gateway to the Gran Sasso and Monti della Laga National Park. Built between the 11th and 12th centuries, from the 13th century it was part of the Barony of Carapelle, passing under the

dominion of several noble families. Among these, the mark left by the powerful Lineage of Medici.

DURATION

Approximately 3-4 hours (possibility to modulate the route according to needs).

DIFFICULTY

Touristic (route on asphalt and white road).

ROCCA CALASCIO

BY CAR

Bussi-Popoli A25 motorway exit (40 min drive from Pescara).

WHERE

The fortress of Rocca Calascio, located at 1460 meters above sea level, is among the highest fortifications in Italy and dominates the Tirino valley and the Navelli plain from this height. The first mention of Rocca Calascio occurs in a document from 1380, where it is described as an isolated watchtower, whose original construction dates back to around the year 1000. Its current appearance can be traced back to the end of the 15th century.

ACCOMMODATION

Check-in Friday;
Check-out Sunday.

PARTICIPANTS

Minimum 8.

INCLUDING

Two nights' accommodation with breakfast.
Cycling tour guide service (guide, technical assistance, latest-generation e-MTB bike, helmet, insurance coverage).
Two tastings of local products.

PRICE

A) In a mountain-hut in the village, starting from 160 euros per person (room with multiple beds).
B) In rooms, starting from 185 euros per person (in a double room).



ROCCA CALASCIO - TIRINO VALLEY DAILY EXCURSIONS

1 - RING OF THE TIRINO VALLEY, BETWEEN NATURE AND VILLAGES, ALONG THE COURSE OF THE RIVER

In the “Middle Ground” between the provinces of Pescara and L’Aquila, in the valley with a view towards the mountain chain and the villages that dot the landscape.

DURATION

Approximately 3-4 hours [possibility to modulate the route according to needs].

DIFFICULTY

Touristic [route on asphalt and white road].



2 - ROCCA CALASCIO AND SANTO STEFANO DI SESSANIO, THE EPIC FORTRESS AND THE REBORN VILLAGE

Part of the Club of the Most Beautiful Villages in Italy, Santo Stefano di Sessanio is in the province of L’Aquila, southern gateway to the Gran Sasso and Monti della Laga National Park. Built between the 11th and 12th centuries, from the 13th century it was part of the Barony of Carapelle, passing under the

dominion of several noble families. Among these, the mark left by the powerful Lineage of Medici.

DURATION

Approximately 3-4 hours [possibility to modulate the route according to needs].

DIFFICULTY

Touristic [route on asphalt and white road].

CAMPO IMPERATORE

BY CAR

45 minutes by car from L'Aquila; 1 hour 45 minutes by car from Pescara.

WHERE

«It could very well be Tibet», so noted the naturalist Fosco Maraini when visiting the largest and most imposing plateau of the Apennines in the 1930s, completely included within the L'Aquila territory of the Gran Sasso and Monti della Laga National Park at a variable altitude between 1500 and 1900 meters above sea level.

ACCOMMODATION

Check-in Friday;
Check-out Sunday.

PARTICIPANTS

Minimum 8.

INCLUDING

Two overnight stays in a mountain-hut with half board (breakfast, dinner with first and second course with side dish + water).

Cycling tour guide service (guide, technical assistance, latest-generation e-MTB bike, helmet, insurance coverage).

Two tastings of local products.

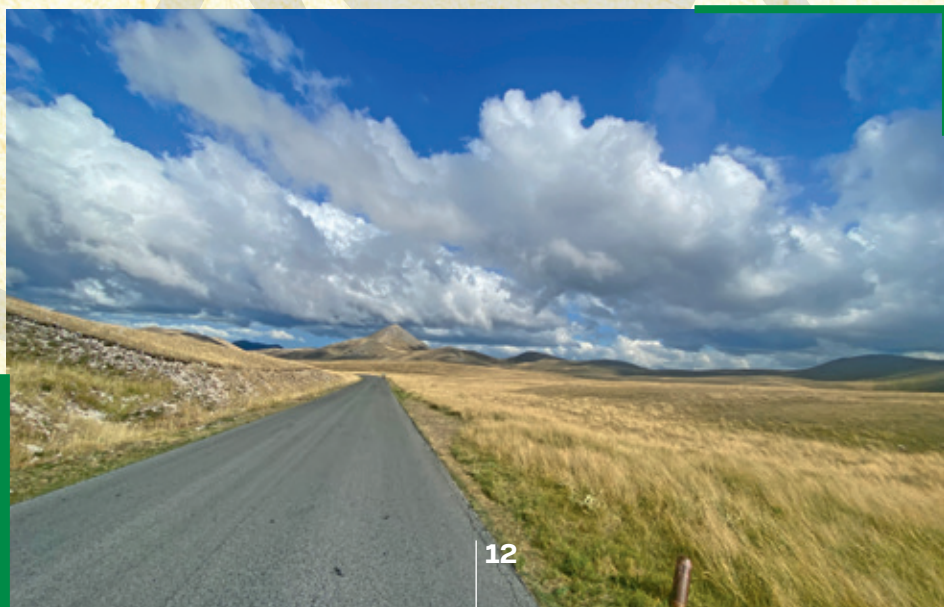
PRICE

Starting from 230 euros per person (room with multiple beds).

Not included:

- towels and shower towel;
- 1 euro tourist tax.

B) In rooms, starting from 185 euros per person (in a double room).



DAILY EXCURSIONS CAMPO IMPERATORE "LITTLE TIBET" BY BICYCLE

1 - "LAGHETTI" RING

On dirt and asphalt, MTB ride along the Campo Imperatore plateau, among high-altitude lakes and pastures. Passage in view of the ruins of the Cistercian Grangia of Santa Maria del Monte.

DURATION

Approximately 2-3 hours (possibility to modulate the route according to needs).

DIFFICULTY

Touristic (route on asphalt and white road).



2 - RING OF RACOLLO - CASTEL DEL MONTE - CALASCIO SANTO STEFANO DI SESSANIO - RACOLLO

A circular route to discover fascinating villages, rich in art, history and traditions. Surrounded by the wild nature of the Campo Imperatore plateau, in the heart of the Gran Sasso and Monti della Laga National Park.

DURATION

Approximately 2-3 hours (possibility to modulate the route according to needs).

DIFFICULTY

Touristic (route on asphalt and white road).

DAILY EXCURSIONS

Proposals for rides lasting a couple of hours, between the sea and the mountains, in the spirit of cycle tourism. Possibility of organizing tastings along the route.

The tours take place with pedal-assisted bikes, helmets are provided and insurance coverage is included.

MINIMUM PARTICIPANTS: 2 (possibility of large groups). **Starting from 40 euros per person.**

BY THE SEA

COSTA DEI TRABOCCHI

Easy pedaling along the now iconic Via Verde della Costa dei Trabocchi, a cycle-pedestrian path along the route of the former railway line. Lots of wild nature, unique beaches with examples of rare flora and breathtaking scenery. Possibility of organizing tours along

the entire cycle route (42 km) and/or on individual sections. Possibility of integrating the tour with a visit to the Trabocco. Possibility of a trolley for children as well as for dogs.

DURATION

4 hours.

TRABOCCHI CYCLE NETWORK

Upon request it is possible to integrate tours along the Trabocchi Coast with the routes of the Trabocchi cycle network, a network of secondary roads with low impact on vehicular traffic, dirt roads, hills and vineyards,

nature reserves. More than 300 kilometers, with trails for all levels, from the easiest to the most challenging.

DURATION

4 ore

NORTH COAST

Not only Costa dei Trabocchi. From Pescara, following the cycle path along the coast, with passages in coastal reserves such as the Torre del Cerrano Marine Protected Area and the Borsacchio Nature Reserve. With the passage on the series of wooden bridges over the rivers that flow down to the sea

with a view (also) towards the Gran Sasso d'Italia.

DURATION

4 ore



DAILY EXCURSIONS

IN THE MOUNTAINS

RING OF THE TIRINO VALLEY, BETWEEN NATURE AND VILLAGES, ALONG THE COURSE OF THE RIVER

In the “Middle Ground” between the provinces of Pescara and L’Aquila, in the valley with a view towards the mountain chain and the villages that dot the landscape. Cycling along the course of the Tirino, one of the

ROCCA CALASCIO AND SANTO STEFANO DI SESSANIO, THE EPIC FORTRESS AND THE REBORN VILLAGE

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ROCCA CALASCIO AND SANTO STEFANO DI SESSANIO, THE EPIC FORTRESS AND THE REBORN VILLAGE

«It could very well be Tibet», so noted the naturalist Fosco Maraini when visiting the largest and most imposing plateau of the Apennines in the 1930s, completely included

cleanest rivers in Italy, you’ll find a constant temperature between 10 and 11 degrees Celsius. The water flows from the Gran Sasso after a 25 km underground journey, emerging at three springs.

DURATION

Approximately 3-4 hours (possibility to modulate the route according to needs).

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Approximately 3-4 hours (possibility to modulate the route according to needs).



within the L’Aquila territory of the Gran Sasso and Monti della Laga National Park at a variable altitude between 1500 and 1900 meters above sea level.

DURATION

Approximately 3-4 hours (possibility to modulate the route according to needs).

DAILY EXCURSIONS

IN THE CITY

PESCARA BIKE TOUR

Easy urban cycling along the city cycle network. To discover the city from another point of view, between curiosity and moments of reading, between sea, river and murals. An easy route, suitable for everyone.

Possibility of trolley for children, as well as for dogs. The tour takes place on a pedal-assisted bike, a helmet is provided and insurance coverage is included.

DURATION

Approximately 3-4 hours (possibility to modulate the route according to needs).



DAILY EXCURSIONS

I can organize tailor-made tours based on customer requests and needs: gravel, MTB, road (variable duration depending on customer request).





BORRACCE DI POESIA





BIKE TOUR

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